



TOP  
10

Health

Down-  
loads

**Top 10 mHealth Apps Performance Benchmarking  
Japan**

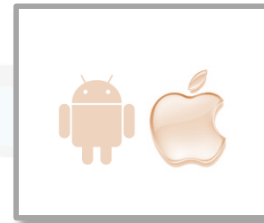
15<sup>st</sup> of July 2013

Preview

# This report analysis the performance of the most successful mHealth apps in Japan



**Downloads:** Average monthly and total lifetime downloads for free and paid apps



**Platform:** mHealth apps for iPhone, iPad and Android phones



**Pricing:** Displays the pricing of top 10 paid mHealth apps



**mHealth app categories:** Apps in the Health & Fitness and Medical category



**Time span:** Detailed view for December 2012 to February 2013 and lifetime performance



**mHealth apps:** Apps that have listed in the top 10 during the time span

# The performance benchmarking contains 18 analyses



## Top 10 Health & Fitness

1. Average monthly downloads of the top 10 free Health & Fitness apps
2. Average accumulated downloads of the top 10 free Health & Fitness apps at end of February 2013
3. Average accumulated downloads of the top 10 paid Health & Fitness apps at end of February 2013
4. Top 10 paid Health & Fitness apps price (\$) at February 2013
5. Top free app categories of Health & Fitness category over the past 3 months
6. Top paid app categories of Health & Fitness category over the past 3 months
7. Dispersion of top 10 free and paid Health & Fitness apps among platforms
8. Dispersion of top 10 free and paid Health & Fitness apps by subcategory

## Top 10 Medical

9. Average monthly downloads of the top 10 free Medical apps
10. Average accumulated downloads of the top 10 free Medical apps at February 2013
11. Average accumulated downloads of the top 10 paid Medical apps at February 2013
12. Top 10 paid Medical apps price (\$) at February 2013
13. Top free app categories of Medical category over the past 3 months
14. Top paid app categories of Medical category over the past 3 months
15. Dispersion of top 10 free and paid Medical apps among platforms
16. Dispersion of top 10 free and paid Medical apps by subcategory

## Top 10 category comparison

17. Average accumulated downloads of the top 10 free app within Health & Fitness and Medical at February 2013
18. Average accumulated downloads of the top 10 paid app within Health & Fitness and Medical at February 2013

# List of best performing Health & Fitness apps included in the benchmarking



## Top 10 Health & Fitness

FREE			PAID		
iPhone	iPad	Android	iPhone	iPad	Android
<ol style="list-style-type: none"> <li>1. Good Night's Sleep Alarm (快眠サイクル時計)</li> <li>2. Moves</li> <li>3. Fitness Diary.(ダイエット日記)</li> <li>4. Stretch1.2.3 (ストレッチ1.2.3)</li> <li>5. Community-GIRLS UP UP women force (Girls up)</li> <li>6. Nike+ Running</li> <li>7. HaruMirror! The Best of Mirror Application</li> <li>8. Simple Weight - Simple &amp; Powerful Weight Control Tool</li> <li>9. Walker - Pedometer Lite (Walker - 歩数計 Lite)</li> <li>10. Mirror anywhere (どこでもミラー)</li> <li>11. runtastic</li> <li>12. Relax Melodies Oriental: A white noise ambience for sleep, meditation &amp; yoga</li> <li>13. モテ子が試した！本当に効果があったダイエット&amp;美容法 (Diet and beauty regime)</li> <li>14. 寝たまんまヨガ 簡単瞑想 (Simple yoga meditation)</li> </ol>	<ol style="list-style-type: none"> <li>1. Nestle Weight Control for iPad (ネスレ 体重コントロール for iPad)</li> <li>2. ELLE a table El-A-Taburu</li> <li>3. HaruMirror! the Best of Mirror Application</li> <li>4. Eyesight Test and care</li> <li>5. Abs Workout (腹部トレーニング)</li> <li>6. Nestle Calorie Control for iPad (ネスレ カロリーコントロール for iPad)</li> <li>7. Relax Melodies Oriental HD: A white noise ambience for sleep, meditation &amp; yoga</li> <li>8. Relaxing Sounds - Sleep well, relieve stress, practice yoga and meditate with white noise ambience</li> <li>9. Reflexology Free</li> <li>10. Check age ear! (耳年齢チェック！)</li> <li>11. CoachMyVideo Mobile: Easy Frame-Capture &amp; Video Analysis</li> <li>12. Runtastic Sit-Ups</li> </ol>	<ol style="list-style-type: none"> <li>1. Runaruna Lite</li> <li>2. (Record weight for free) dictionary tool + calorie diet weight management</li> <li>3. Free notebook rhythm of women</li> <li>4. Improve eyesight MAGIC EYE</li> <li>5. TsuboMaster</li> <li>6. Support the health and beauty of women with sleep to wake up Sleeping Beauty ~ clean</li> <li>7. Lose weight easily! I just breathe! Long breath diet</li> <li>8. RunKeeper</li> <li>9. My Tracks</li> <li>10. 快眠サイクル時計 (Sleep cycle clock)</li> <li>11. 歩数計 - Accupedo</li> <li>12. 女性のリズム手帳Free (Woman's DIARY Free)</li> <li>13. カロリーノート / ダイエットメモ(Calories note/diet)</li> <li>14. 体重チェッカ (Weight checker)</li> </ol>	<ol style="list-style-type: none"> <li>1. 睡眠アプリ(sleep application)</li> <li>2. カロリー管理(痩せるアプリ) (Check age ear!)</li> <li>3. Sleep Cycle alarm clock</li> <li>4. While You Were Sleeping!</li> <li>5. Sight Recover 3D</li> <li>6. runtastic PRO</li> <li>7. Pregnancy (Sprout)</li> <li>8. Ladi Cal (基礎体温管理カレンダー)</li> <li>9. i-yoga</li> <li>10. カロリーマスター (ダイエット管理) (diet management)</li> <li>11. Symmetry Exercise for Low Back Pain (腰痛診断 個別改善プログラム)</li> <li>12. Runtastic Sit-Ups PRO</li> <li>13. Walker - 歩数計-Pedometer</li> <li>14. Runtastic Road Bike PRO GPS Cycling Computer (ロードバイク PRO サイクルコンピュータ)</li> </ol>	<ol style="list-style-type: none"> <li>1. Sleep application</li> <li>2. Sight Recover 3D (3D視力回復)</li> <li>3. 3D Eyesight Recovery (3D視力回復2/HD)</li> <li>4. Ladi Cal for iPad(BBT management calendar) (Ladi Cal for iPad(基礎体温管理カレンダー))</li> <li>5. Symmetry Exercise for Low Back Pain (腰痛診断 個別改善プログラム)</li> <li>6. Pregnancy (Sprout)</li> <li>7. runtastic SitUps PRO</li> <li>8. Magic SitUps PRO</li> <li>9. Lose weight immediately by car Kashiki formula Vee Dance!</li> <li>10. The first and second radio gymnastics</li> <li>11. Runtastic Squats PRO</li> <li>12. Cardiograph: Heart Rate Pulse Measurement (カーディオグラフ (Cardiograph))</li> <li>13. Runtastic Push-Ups PRO</li> </ol>	<ol style="list-style-type: none"> <li>1. Endomondo Sports Tracker PRO</li> <li>2. Runtastic PRO</li> <li>3. SleepStats</li> <li>4. Asian Health</li> <li>5. Support combustion muscle training game! (筋トレ応援ゲーム ねんしょう！)</li> <li>6. Exercise whole body lean</li> <li>7. Diet Viewer</li> <li>8. Tighten Body</li> <li>9. Accupedo-Pro Pedometer</li> <li>10. 女性のリズム手帳 (Rhythm notebook of woman)</li> </ol>

Benchmarking includes apps of the category Health&Fitness that have been listed in the top 10 during the period December 2012 – February 2013

# List of best performing Medical apps included in the benchmarking



## Top 10 Medical

FREE			PAID		
iPhone	iPad	Android	iPhone	iPad	Android
<ol style="list-style-type: none"> <li>1. 無料 赤ちゃん名づけ(Free Baby named)</li> <li>2. Baby soothing sounds!</li> <li>3. 総合お薬検索 QLife - 処方薬 &amp; 市販薬 約17000種を掲載</li> <li>4. Immunization scheduler</li> <li>5. 応急手当- First aid</li> <li>6. e画像解剖 (e image dissection)</li> <li>7. BirthDad</li> <li>8. baby days ~子どものステキな毎日を残そう~</li> <li>9. BabyTune~赤ちゃんの泣き止み音人気ランキング みんなの音をブレिशよう! ...</li> <li>10. 母子手帳kazoc(カゾック)-妊娠中から子供の成長、おもいでを家族で共有できる子育てアプリ</li> <li>11. 妊娠テスト&amp;妊娠症状チェッククイズ (Pregnancy Test )</li> <li>12. Pregnant women Note Belle Maison</li> <li>13. お薬ノート-薬歴・服薬管理- - Medicine Notes</li> </ol>	<ol style="list-style-type: none"> <li>1. PubMed CLOUD</li> <li>2. Pro attachments</li> <li>3. M2Plus Launcher</li> <li>4. IMAIOS e-Anatomy</li> <li>5. e画像解剖 (e image dissection)</li> <li>6. 冠動脈3Dアトラス</li> <li>7. 日本薬局方HD - Japanese Pharmacopoeia HD</li> <li>8. 医療ボード Pro - Medical Board Pro</li> <li>9. 脳血管3Dアトラス - Cerebrovascular 3D Atlas</li> <li>10. Body Scientific Charts and Books</li> <li>11. DS ANATOMY HEAD &amp; NECK MUSCULOSKELETAL SYSTEM Lite</li> <li>12. 肥満度 (BMI) チェッカー - Degree of obesity (BMI) Checker</li> <li>13. おやすみ前のおとえほん 無料版 ~読み聞かせ昔話~ (Old story - Storytelling sound picture book free version - before taking a rest)</li> <li>14. 添付文書 Pro</li> </ol>	<ol style="list-style-type: none"> <li>1. Immunization scheduler</li> <li>2. Labor Clock (陣痛時計)</li> <li>3. 2013 edition Braindumps expected national examination nurse</li> <li>4. Yahoo! medical home</li> <li>5. Apps SUKUSUKU-Sukusuku maternity passbook</li> <li>6. Papa weekly pregnancy</li> <li>7. いびきレコーダ Free (SnoreRecorderFree)</li> <li>8. Very real!</li> <li>9. 総合お薬検索</li> <li>10. Maternal and child health handbook app SUKUSUKU-quickly and healthily</li> <li>11. 無料 赤ちゃん名づけ (Free baby named)</li> <li>12. うつ病診断 (Diagnosis of Melancholia)</li> <li>13. 視力回復アプリ (無料版)</li> <li>14. Anti Mosquito</li> <li>15. 陣痛かも? 間隔判定アプリ</li> </ol>	<ol style="list-style-type: none"> <li>1. ベビーマッサージしよう! - Trying to baby massage!</li> <li>2. Pregnancy calendar ! (妊娠カレンダー)</li> <li>3. Stop cry Baby Sound!</li> <li>4. Muscle Trigger Points</li> <li>5. Notes childcare (育児ノート)</li> <li>6. Anatomy of a muscle</li> <li>7. あつと驚く視力回復術 - Eyesight recovery</li> <li>8. Maybe Baby 2013 - Fertility / Ovulation Diary, Period Tracker, Menstrual Calendar, Pregnancy &amp; Gender Prediction</li> <li>9. Anatomy of muscle</li> <li>10. JP Medicine search</li> <li>11. ナース専科 看護師国家試験対策 - Nurse Specialist nurse state exam</li> <li>12. Diseases of women</li> <li>13. ERのTips</li> </ol>	<ol style="list-style-type: none"> <li>1. Muscle Trigger Points (筋のトリガーポイント)</li> <li>2. Mom, for reading! Picture book read aloud tales of old Japan ~ vol.3 ~ previous sound night</li> <li>3. Skeleton Premium 2</li> <li>4. PubMed On Tap</li> <li>5. PubMed Clip</li> <li>6. Visible Body Human Anatomy Atlas 2</li> <li>7. Muscle Premium 3</li> <li>8. Gray's Anatomy Premium for iPad</li> <li>9. Muscle &amp; Bone Anatomy 3D</li> <li>10. Heart Pro III</li> <li>11. teamLabBody-3D Motion Human Anatomy-</li> <li>12. AnestAssist PK/PD</li> <li>13. 添付文書HD</li> <li>14. パパ、読んで! おやすみ前のおとえほん vol.3 ~読み聞かせ世界昔話~ - Papa, read! World Folk Tales</li> <li>15. OsiriX HD</li> </ol>	<ol style="list-style-type: none"> <li>1. SnoreRecorderPro</li> <li>2. Junior college national exam nurse Nurse</li> <li>3. Visible Body 3D Anatomy Atlas</li> <li>4. Kangokokushigokak upappli_2013</li> <li>5. Past national exam Braindumps pharmacist</li> <li>6. Goniometer - goniometer</li> <li>7. Vsual recovery (Pro)</li> <li>8. Pirubukku 2013 edition Encyclopedia of Medicine</li> <li>9. iNurse Tools 点滴速度計 (iNurse Tools drip speedometer)</li> <li>10. Anatomy Quiz</li> <li>11. 糖尿病手帳 (Diabetes Recorder)</li> <li>12. Human Anatomy Atlas</li> <li>13. Visual Body Anatomy</li> <li>14. iNurse Tools 心電図の基礎</li> <li>15. 薬の事典ピルブック2013年版 (「デ辞蔵」用追加辞書</li> </ol>

Benchmarking includes apps of the category Medical that have been listed in the top 10 during the period December 2012 – February 2013

# The content is presented in a graphical style

Package content at a glance (extract)



# About us

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